

CONTACT

No. 1718 – Friday 6th February 2026

This week we formally appointed our new Prefects, and we look forward to celebrating Mass with them and the retiring prefects and their families at the school on Thursday 16th April 2026, a letter with further information will be sent out after the half term break. Our congratulations go to our newly appointed Head of Prefects, Sean, and his Deputy Head of Prefects Harry, Jacob, Oliver, Stanley and Fox. They will lead a team of senior prefects and prefects who will take up their duties on Monday.

Mental Health Week Non-Uniform: we have managed to raise a total of £1350, thank you for your donations which are greatly appreciated.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|--|----------------------------------|---|--------------------------------|
| Film – Inside Out 2 Part 1 | Sporting event – Basketball Shootout Competition | Film – Inside Out 2 Part 2 | F1 Racing Competition & Free time in Computer Rm | Free time in Computer Rm |
| Where – | Where – | Where – | Where – | Where – |
| Studio 1.45-14.25 | Sports hall 1.45-14.25 | Studio 1.45-14.25 | CR4 & CR5 1.45-14.25 | CR5 1.45-14.25 |

We are celebrating Children's Mental Health Week by putting on an array of activities for students with the aim of improving wellbeing and raising money for Place2Be, a charity which supports young peoples mental health. All activities will be 50p, payable in cash on the day. There are still tickets available for the film showing of Inside Out 2, so boys may turn up and pay for the film on the day if there is space.

CAFOD Family Fast Day: In addition, we are inviting all pupils CAFOD Family Fast Day Friday 27th February 2026 to purchase a simple lunch of soup and a roll as an act of solidarity with the poor. Pupils are asked to purchase a school lunch ticket for £2 via [MCAS](#) in advance of the event. Potato & Leek or Lentil soup will be available. Tickets will need to be purchased by **Thursday 12th February 2026**. Please state the choice of soup you would like via the school gateway. A normal lunch service will also be running on the date of the event.

COULD YOU BE A FOUNDATION TRUSTEE? [Assisi Catholic Trust](#) is currently seeking a foundation Trustee with experience or confidence in HR; to support the development of people strategy or experience to support our flourishing capital strategy covering buildings, digital infrastructure & technology and our asset management plan. If you, or someone you know, have these skills and a heart for supporting Catholic education, we would love to hear from you. Trustees play a vital role in ensuring strong oversight, value for money and long-term planning. If interested, please contact the school office and speak to Mrs Ackred for an informal discussion.

Prayer of the Week

Light of the World prayer

Almighty God, Light of the world

Grant us your heavenly blessing

May the radiance of Your light

illuminate our hearts and brighten our lives.

Teach us to be shining examples of your Light

Let your presence guide and protect us

Bless us all

that happiness and peace may ever abide in all.

AMEN

5th Sunday of Ordinary Time

Matthew 5:13-16

Artwork: A Landscape with an Italian hill town (~1700-1726) by Hendrik Frans Van Lint



This week we continue the Sermon on the Mount from the Holy Gospel according to Matthew. In this our Lord Jesus Christ encourages us all to let our light shine for others, let it brighten the whole community. Our Lord says;

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

He tells us that it's wrong to hide our talents, gifts, or any of our good traits, it's our duty to shine for the good of all around us and to bring glory to God. Its a truly beautiful segment from the Sermon on the mount that I feel I would do a disservice to if I only rephrased or summarised. This week we announced the students who have been selected to be prefects. They have the opportunity to shine their light to illuminate our school, and we all pray that they receive and follow guidance from the Holy Spirit to do so. But it isn't only them. In scripture Lord Jesus is speaking to all of humanity. We all have this duty. Over this next week I invite us all to contemplate what we are showing of our gifts and talents. Are we hiding ourselves for any reason? Are we showing our gifts but misusing them – the equivalent of shining your light in someone's eyes to annoy or harm them instead of to light up the world around you?

What can we do to follow what the Lord is telling us to do this week? Don't let it be just a hypothetical reflection question, really think about it, and work toward being who you are called to be.

Max Morris, Lay Chaplain

Chaplaincy News

Want to understand more about the Catholic faith? Unsure why we stand, sit, or kneel during certain parts of Mass? Have questions about the wording of certain prayers? Whether you're Catholic or not it's easy to have questions about the Catholic faith, every Mass, service, prayer, and dedication is full of rich meaning, Biblical origin, or tradition. On the request of multiple students there will now be 10-minute drop-in sessions during most break times in the chapel. The notice board in the chapel will contain information on each day the group will meet during the week, as well as any topics that have been previously agreed on (or if it will be just a general Q&A style session). If you want to join or have a question that you want to put forward for a full 10-minute session, please speak to Max.

CAFOD's Big Lent Walk 2026! This Lent we are supporting CAFOD and joining other schools around the country to help support our global neighbours. To raise money, at St. Thomas More we're going to run the following events:

Year 8 Big Lent Walk during RE lessons: 8A, 8G, 8P, 8S and 8V - Tues 17th March. 8D - Weds 18th March 2026.

Year 9 Big Lent Walk during RE lesson: 9s5-9s8 Monday -16th March 2026. 9s1-9s4- Tuesday 17th March 2026.

Year 10 Big Lent Walk during RE lesson: 10s5-10s8- Monday 23rd March 2026. 10s1-10s4 -Tuesday 24th March 2026.

Year 12 will complete a Big Lent Walk to Southend Pier on Tuesday 24th March 2026.

Year 7 Interhouse Pancake Race Competition: Year 7 will have a Interhouse Pancake Race Competition during Period 5 on Tuesday 3rd March 2026 to raise Money. The CAFOD Young Leaders will write to parents/carers nearer the time with more information. All pupils are asked to contribute a minimum of £2 to take part in their event. If they wish to raise more money, they can ask family and friends to sponsor them for the relevant event above. Please make your donation online via [MCAS](#). Pupils can use the CAFOD sponsor form which will be attached to the letter.

The CARITAS Team will be organising several additional fundraising events- a scavenger hunt, Lenten Bazaar and other activities. Further information will be available later.

Diocesan News

ST JOHN BOSCO CHILDREN'S CAMP – AN AMAZING VOLUNTEER OPPORTUNITY FOR THIS SUMMER: If you are in school year 12 or student age (or any age over 17!) you are very welcome to apply at www.boscocamp.co.uk. The application process includes references and a DBS check, which we can help with, as well as a training and support before and during Camp. The Camp provides over 100 children a week with a summer holiday – for many their only holiday. As a volunteer you use your skills in assisting with different sporting and fun activities, as well as the practical aspects of camp life. Volunteer for 25th July – 1st August or 1st – 8th August. The Camp is a special work of Caritas Diocese of Brentwood and also seeks financial donations – all information on the website.


The Miracles that continue to this day and Our Lady of Lourdes: On Wednesday 11th February 2026 at 7PM there will a talk held at Sacred Heart Church hall (SS1 2QB) looking at how our Lord continues to interact with His people through incredible miracles around the world but with a focus on Our Lady of Lourdes – who is the Principal Patroness of our Diocese. This could be especially beneficial for anyone looking to join the Diocese on the annual pilgrimage in the summer. Though this is open and suitable for people of all ages in the deanery, the content will be more tailored to those 16 and over.

RETRouvaille MARRIAGE HELP: Retrouvaille helps couples find hope and healing for their marriage. Next date: Thursday 12th February. www.retrouvaille.org.uk Tel: 07887 296983

Sacred Heart Church Community Warm Café – Every Friday 11am-2pm: Throughout winter, Sacred Heart Church (418 Southchurch Road, Southend-on-Sea, SS1 2QB) will be opening up the doors of their parish hall every Friday from 11am-2pm for their community warm café. Come along and enjoy a bowl of hot soup, refreshments, cakes & biscuits and a friendly chat. This is free of charge.

MARANATHA! COME LORD JESUS! You are warmly welcomed to an evening of praise and worship, including mass and adoration. Friday 13th of February 2026 from 7:00pm to 9:00pm at The Blessed Sacrament Church, 116 Melbourne Avenue, CM12DU, Chelmsford. Bring your friends!

Our Assisi Catholic Trust Family

| Schools | Parishes |
|---|---|
|  Our Lady of Lourdes Catholic Primary School and Nursery | Our Lady of Lourdes and St Joesph Msqr Kevin Hale |
|  St George's Catholic Primary School | St. George and The English Martyrs Fr. Brett |
|  Sacred Heart Catholic Primary School and Nursery | Sacred Heart of Jesus Fr. Graham |
|  St Helen's Catholic Primary School | Our Lady Helo of Christians and Saint Helen Fr. Alex |
|  St Joseph's Catholic Primary School | Our Lady of Canvey and English Martyrs Fr. Eamonn |
|  Holy Family Catholic Primary School | Holy Family and St Thomas More Fr. Eduard |
|  Our Lady of Ransom Catholic Primary School | Our Lady of Ransom Fr Paul |
|  St Teresa's Catholic Primary School | Catholic Church of St. Teresa and the Child Jesus Fr. Gerry |
|  St Thomas More High School | St Peter's Fr. Jeff |

Vacancies:

St Joseph's Catholic Primary School, Canvey Island – Early Years Practitioner – [website](#) and Early Years Apprentice (Level 3)

SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL IN SEPTEMBER?

BOOK YOUR VISIT NOW

Come and see how we can support your child

A catholic school that welcomes all

☎ 01702 414200
 📧 office@sacredheart.southend.sch.uk

Our Lady of Lourdes
 Catholic Primary School and Nursery

Our family friendly nursery welcomes children from 2 to 4 years old. Our experienced team provide opportunities for all children to learn through play inside and outside the classroom. We are pleased to offer spaces from September.

☎ 01702 475689
 🌐 olol.co.uk

Please contact the school office to book your visit.

NURSERY SPACES AVAILABLE
 September 2026

Parent Reminders and Student Information

Term Dates: Please find the [Term Dates 2025-26](#).

Term Dates: Please find the [Term Dates 2026-27](#)

Calendar for Parents: can be accessed [here](#).

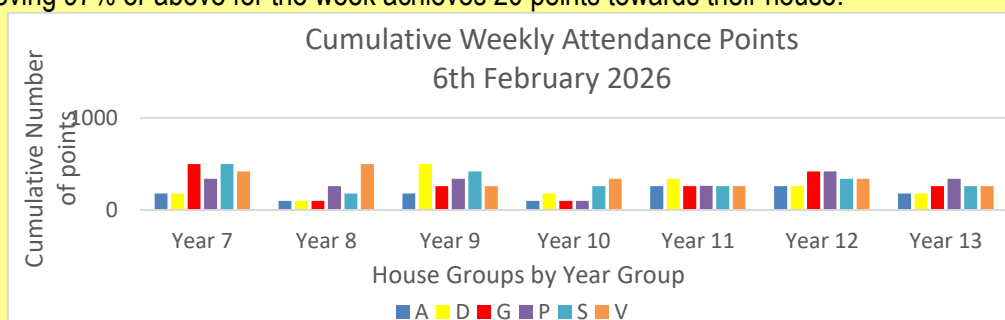
Parking: Despite persistent reminders, parents are still parking dangerously by the red gate exit at the end of each day. This is extremely dangerous as students, particularly those on cycles must swerve to get around illegally parked vehicles. We have contacted the Local Authority, and if it continues, we have been asked to record number plates of offending vehicles to pass on to the traffic department. Could you please co-operate for the safety of our students.



Absence: If your child is unwell and unable to attend, please notify the school of the reason for the absence on the first day of an unplanned absence by 9am or as soon as practically possible by calling the school and selecting attendance or by emailing attendance@st-thomasmore.southend.sch.uk

If the absence lasts more than one day, please update the school daily. Attending a medical or dental appointment will be counted as authorised if the pupil's parent/carer notifies the school in advance of the appointment. We encourage parents/carers to make medical and dental appointments out of school hours where possible. Where this is not possible, the pupil should be out of school for the minimum amount of time necessary. You can request a leave of absence for exceptional circumstances by through school gateway or alternatively email attendance@st-thomasmore.southend.sch.uk or by collecting a form from Reception. Please keep medical evidence of absence eg appointment cards or letters, copies of prescriptions, pharmacy receipts etc in case you need them to provide more details on your child's return to school.

House Attendance Points: The form with the highest attendance in the year group gets 100 points each week and every form achieving 97% or above for the week achieves 20 points towards their house.



Student Medical Conditions: Please ensure school is made aware of any updates regarding students medical conditions, particularly if they can potentially have an impact on their time in school and require support. Please contact Mrs Walford mwalford@st-thomasmore.southend.sch.uk if you wish to discuss your case in detail.

16–19 Bursary Fund – Support for Sixth Form Students

The Government's **16–19 Bursary Fund** is available to help students stay in education by covering costs such as travel, meals, books, equipment, and trips. There are two types of bursaries:

- **Vulnerable Student Bursary** – up to £1,200 for young people in care, care leavers, or those receiving certain benefits.
- **Discretionary Bursary** – for students facing financial hardship, awarded by the school based on household income and individual need.

To apply, parents/students should complete the bursary application form (available from the Sixth Form office or school website) and provide supporting evidence. For full details and eligibility, visit: www.gov.uk/1619-bursary-fund If you have questions or need help with the application, please contact our Sixth Form office.

Lights Required for cyclists: With the darker evenings drawing in, it won't be too long before it is dark at the end of the school day. This is a reminder to all cyclists to ensure your bike is equipped with proper lights. Riding with front and rear lights is not just essential for your safety, but it's also a legal requirement to help you stay visible to others on the road.

Please check:

- **Front Light:** A white light on the front of your bike.
- **Rear Light:** A red light on the back, plus a rear reflector if possible.
- **Visibility Gear:** Consider reflective clothing or accessories to further increase visibility.



ACHIEVEMENTS FOR CONTACT

HAS YOUR CHILD DONE SOMETHING OUTSIDE OF SCHOOL THAT DESERVES RECOGNITION?

WE WOULD LIKE TO CELEBRATE IN CONTACT

Send Information & Pictures to: office@st-thomasmore.southend.sch.uk

Previous attachment

THE VICTORIA CENTRE SOUTHEND

Southend-on-Sea City Council

IN CELEBRATION OF CHILDREN'S MENTAL HEALTH WEEK

YOUTH FEST

FREE ENTRY

SATURDAY 14TH FEBRUARY 2026
10AM - 4PM
THE VICTORIA SHOPPING CENTRE

CHILD & YOUTH SERVICES
ACTIVITIES & MUSIC
WELL-BEING

Spotlight on Wellbeing and Keeping Safe

Please don't forget that staff are here for you and your children, and you can get in touch with Mrs Walford via welfare@st-thomasmore.southend.sch.uk if you need some support. Parental factsheets on various topics are available on our website under the Safeguarding section, [Parent Fact Sheets \(st-thomasmore.southend.sch.uk\)](#)

10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College

Departmental News



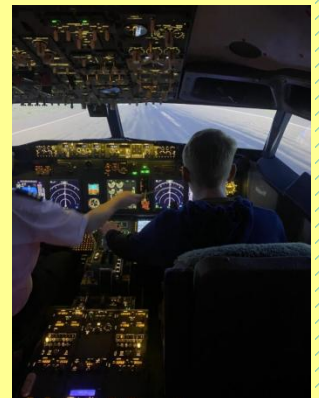
Our [Amazon Wishlist](#)! Friends, family and alumni can donate directly to the school library. We still accept preloved copies from home you may wish to donate, but student and departmental requests for library stock can be found [here](#). The book wish list is chosen and updated by the Library team as texts that benefit the student's reading comprehension, engagement with the curriculum and foster an interest in reading. If students have overdue library books, you should have received an overdue notice and may be charged an overdue fee per book via Gateway. To have the overdue notice removed, students can return the book, pay the fee, or replace the missing book with a new copy.

Does your child need somewhere quiet to study with access to a computer to complete extended learning? We currently have two Study Clubs available: Study Club: Monday 3.30-4.30pm in CR3 overseen by Mrs Williams (open to all years). Veritas Mentors: Thursday 1.30-2.25pm in the Year 12 study room. The Veritas mentors idea is based on the plan on having an extended learning support group run by sixth form students who will be on hand to offer support if needed (open to key stage 3 students). Mrs Napper (Enrichment Coordinator)



Guardians of the Garden: Hello, we are the Guardians of the Garden, a club of students from St Thomas More High School. We are currently trying to fundraise money for our school wellbeing garden, which we believe will help create a quiet natural space for students to enjoy at lunch and breaktimes. We would be grateful for any donations, such as gardening equipment like shovels and rakes, soil, sensory flowers and plants such as fruit trees and lavender, and potentially benches and tables, to put in the garden. Ultimately, we think it would be an amazing opportunity to bring the school garden to life and to create a safe space for students and would be grateful to receive any donations. Thank you from the Guardians of the Garden.

FlyMe Aviation Trip - 29-30th January 2026: Last week, some of our students went on a school trip to FlyMe at Skills Street (Gulliver's Valley) and had an unforgettable experience. Accompanied by Mr Pereira and Mrs Weir, we departed school on Thursday and enjoyed an overnight stay in Sherwood Forest before heading to FlyMe on Friday morning, where we received a very warm welcome from the FlyMe team. Students were looked after throughout the day by Captain Roy, a retired airline pilot with over



20 years' flying experience in the UK and Australia, alongside a trainee pilot. The day began by moving through FlyMe's mock airport, including check-in and security, before visiting a former Jet2 Boeing 737 fuselage where Captain Roy explained key aircraft features and important aviation safety procedures. While inside the aircraft, students fastened seatbelts, reclined seats, and completed a quiz on aviation safety, careers, and the unique features of the Boeing 737.

Students also explored the original fuselage's cockpit and later attended a fascinating talk covering the phonetic alphabet, the principles and science of flight, and the importance of subjects such as maths, English, science, geography, and languages in aviation. In the afternoon, students took part in simulator sessions, paper plane races, and survival skills activities, ending the day inspired by learning about Captain Roy's journey to the flight deck and the trainee pilot's path to qualification.





Alumnus of the Month: [February 2026](#).

Aspire: online resources for all things careers/universities and apprenticeships, great for those not sure of the opportunities after GCSE's (POST 16) and A levels (POST 18). Click to find out more [The Aspire Guide - Flipbook - Page 1 \(paperturn-view.com\)](#)



Connexions Events: a list of 6th Form and colleges open events for 2025/26 can be found [here](#).

[Webinars & Workshops - Amazing Apprenticeships](#)

[The Telegraph Media Literacy Programme 2026 :: Telegraph Media Group Jobs](#)

Where Next [booklet](#) is a useful tool for parent/carers to use to help support theirs and their child's understanding of what careers pathways and next steps they can actively support them taking

CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are [underlined](#).

Careers Newsletter can be found [here](#).

Poetry Corner No.90

A Blackbird Singing

by R. S. Thomas

It seems wrong that out of this bird,
Black, bold, a suggestion of dark
Places about it, there yet should come
Such rich music, as though the notes'
Ore were changed to a rare metal
At one touch of that bright bill.

You have heard it often, alone at your
desk
In a green April, your mind drawn
Away from its work by sweet disturbance
Of the mild evening outside your room.

A slow singer, but loading each phrase
With history's overtones, love, joy
And grief learned by his dark tribe
In other orchards and passed on
Instinctively as they are now,
But fresh always with new tears.

[A Blackbird Singing Analysis - Literary devices
and Poetic devices](#)

[UK's Best Songbirds - The Blackbird's
Accomplished Melody #birdsounds](#)

MFL Department's Word and Idiomatic Expression of the Week:

Tomar el pelo

Literal translation in English: To take the hair.

When do we use it?: When someone is tricking or making fun of someone else, but in a good-natured way. (Pulling your leg)

Example: Me estás tomando el pelo (you're pulling my leg)

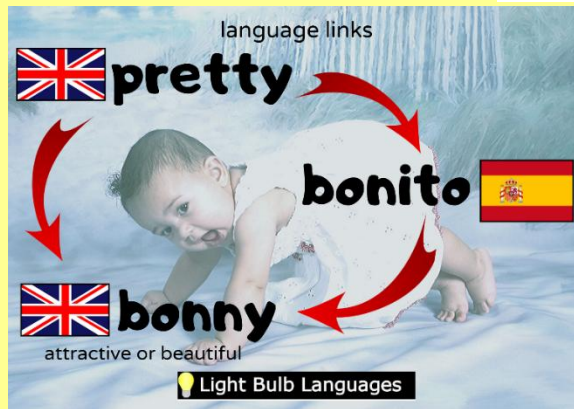
Zorro

(soh-rrroh)

Masculine Noun

In English: Fox

Example: Hay un zorro en el jardin.
(There is a fox in the garden.)



Sports News



PE Students of the Week: Our first winner this week is Jayden from Year 10, who has been helping us after school with the basketball scoring, giving up his free time to ensure our games are well officiated. Our other winner is Jack from Year 8 for his excellent all-round performances in the Year 8 basketball team. Well done to both boys.



Southeast Counties Cross Country Championships: having finished in the top 20 of the Essex Cross country Championships 2 weeks ago, Corban yr9, this weekend represented Essex Schools in the Southeast Counties Cross Country Championships. Another tough 3.5km course saw the best in the South of England, (Hampshire, Sussex, Surrey, Kent, Berkshire, Middlesex, Hertfordshire) As you can see from the Photo, an injury on the first corner of the race, when a number of boys got boxed, had Corban take a set of another runners spikes rip a hole and break the skin. Not deterred, true Corban grit, determination and resilience, he set about passing the middle field runners. Eventually finishing top 8 of the Essex team runners and 53rd out of the full field of approximately 200 runners. Very proud of this young man who only tried running in year 7

because he thought it would improve his fitness. We look forward to some flat track running this summer, and some more PB's in the 800 and/or 1500m events.



Year 7 Basketball:

Essex Cup vs Gateway: We faced a strong and aggressive Gateway side and went into halftime trailing **31-7**.

Despite the deficit, the team showed excellent courage and resilience to fight their way back into the game, eventually narrowing the score to **51-45**. The effort and belief shown in the second half were outstanding and demonstrated real character against tough opposition.

Jr NBA vs Eastbrook: Against Eastbrook, we struggled to reach our usual standards and played within ourselves for large periods of the game. While there were some positive moments, we didn't consistently perform at our full capacity and allowed our intensity to drop. This is an area we will look to address moving forward.

Vs Appleton: In our final game of the week against Appleton, we were the stronger side overall and made better decisions throughout. However, we were sloppy at times and missed opportunities to fully control the game. The focus now turns to sharpening the tools as we look to bounce back to top form in the **Borough Final against Southend next Tuesday**.

Year 8 Vs Shenfield: The Year 8 team reached the Quarter Final of the Essex Cup this week, which is a fantastic achievement and reflects the progress the boys have made this season. Shenfield were strong opponents and were Essex Cup finalists last year, so the challenge was always going to be a tough one. The boys competed well throughout and showed real determination, particularly on the defensive end. At times, we moved the ball well and created opportunities, but we weren't quite clinical enough in attack and will look to improve this area moving forward. Despite the final score (63-29), the effort and attitude from the group never dropped, which was pleasing to see. Special mentions to Kian and Jack for their outstanding work rate and defensive effort throughout the game. Both set a great example to the rest of the team. Reaching this stage of the competition is something the boys should be proud of, and it gives us a strong platform to build on.

Year 8 Vs Chase: The Year 8 team followed up the Essex Cup fixture with a very competitive game against Chase, narrowly losing 44-42 in the final seconds. The game was tight throughout, with both teams trading baskets and momentum swinging back and forth. Defensively, the boys were excellent. The intensity and willingness to work for each other were a real highlight of the performance. Offensively, we created chances but, once again, didn't always make the most of our opportunities. This is an area we will continue to work on in training. The work rate and attitude from the team were outstanding, particularly when the game was on the line. The boys showed resilience, composure under pressure, and a real desire to compete for one another. A frustrating result given how close the game was, but plenty of positives to take forward into the next fixture.

Year 9 Basketball v Westcliff – Won 70-67: This was our second match of two to see who would advance to the semi-finals of the Essex Cup. After a convincing win the other week against the same opponent, this turned out to be a very different match. We were off-colour, missing too many open shots and giving the ball away with sloppy passing. Despite this, we managed to get into a 14 point lead and were doing enough against a fired up Westcliff. However, we lost our focus and allowed them back into the game, with them eventually bringing the scores level with a couple of minutes left on the clock. A timeout to calm us down worked, and some great shooting from Finley got us the lead back which we managed to hold on to. Two big games next week see us take on Southend in the Borough Final before we face St Martin's in the National cup.

1st XI Football 4-1 Plume: The 1st XI picked up another three points as they continue their challenge for the Essex Schools and Colleges Division 1 title. The team took early control of the game and created multiple chances, but some poor finishing initially kept the scores level. The breakthrough finally came when Dylan found space in behind the defence and calmly slotted past the keeper. Michael B doubled the lead shortly after with a close range finish. Looking to raise the standard after the break and put the game to bed, the team instead allowed Plume back into the match when a spell of sloppy build-up play resulted in a penalty. That frustrating start to the second half sparked a reaction, and two quick fire goals from Rahim and Moni secured all three points. The side remain three points behind league leaders Fitz with four games left to play



LEE VALLEY YR7 ATHLETICS R1: Wednesday 25th February will see Yr. 7's take part in the first Lee Valley indoor athletics R1, team lists will be on the blue board and information for parents will be emailed out to those taking part.

Fixtures

| Date | Fixture |
|-----------|---|
| 9/2/2026 | Year 10 Football v Shoebury (HOME) 4pm kick off Year 9 Basketball v Southend High (AWAY) 4pm tip off - return 5:45pm Year 11 Basketball v Eastwood (HOME) 4pm tip off |
| 10/2/2026 | Under 15 Basketball v Redden Court (HOME) 4pm tip off Year 7 Basketball Final v Southend High @ WHSB 4pm tip off - Return 6pm |
| 11/2/2026 | House Swimming - 10am-1pm |
| 12/2/2026 | Under 14 Basketball v St Martins (HOME) 1:45pm tip off |
| 13/2/2026 | Year 11 Football v Woodlands (AWAY) – Leave 3:15pm, return 6pm |
| 23/2/2026 | No Fixtures |
| 24/2/2026 | Year 7 Football v Greensward (AWAY) 4pm - Leave 3:20pm, return 5:30pm Under 18 Basketball v Southend High (HOME) 4pm tip off |
| 25/2/2026 | Year 7 Indoor Athletics @ Lee Valley - Leave 12:30pm, return 7pm |
| 26/2/2026 | Year 8 Football v Eastwood (HOME) 4pm kick off |
| 27/2/2026 | No Fixtures |

PE Extracurricular Timetable

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---|--|---|---|--|
| 7.45 - 8.30 am | Year 7-10 Basketball (RHE) | Year 8/9 Gym (JEN) Rackets Club (All Years) (RHE) | Year 10-13 Gym (SB) Year 7-10 Indoor Athletics (AAC) | Darts Club (All years) (SB) Year 8/9 Futsal (JEN) Year 10-13 Gym (LSH) | Year 11-13 Basketball (SB) Year 10-13 Gym (EK) |
| 1.35 - 2.25pm | All Years Athletics - Back Field (JEN) Year 7 Basketball (JTB) Year 10 Astro (NSP) | Darts Clubs (All years) (SB) Year 10/11 Basketball (RHE/AWI) Year 9 Astro (JTB) | Year 8 Astro (JEN) Year 9 Basketball (SB) Year 9-11 Gym (NSP) Year 7-9 Rugby - Backfield (RHE) | Year 7 Astro (LSH) Year 11 Basketball (AWI) | Year 8 Basketball (JEN) Year 11 Astro (TH) |
| 3.30 - 4.45pm | Year 7 Football - A + B Team (LSH) FIXTURES | Year 12/13 Basketball (SB) Yr7-9 Rugby (AAC & EwM) FIXTURES | Year 8 Football - A + B Team Training (JEN) FIXTURES | Badminton Club (All Years) (SB) FIXTURES | Week 1 - Year 9 'A' Team football training (MH/AH) Week 2 - Year 9 Open football training (MH/AH) Indoor Athletics (AAC) FIXTURES |

Extracurricular Timetable – Spring

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--|---|---|---|---|
| Before School | Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1) | Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1) | Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1) | Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1) | Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1) |
| Breaktime | Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am | Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am | Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am | Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am | Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am |
| Lunchtime | Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Chess Club 1.30-2.25pm (RE3) Anime and Manga Club 2-2.25pm (Library) Aviation Club 2-2.25pm (MFL3) Chaplaincy Games Club Years 7-11 1.35-2.25pm (RE4) Warhammer Club 1.40-2.20pm (Lab 1) KS3 Maths Support Club Years 7-8 1:45 – 2:15pm (Tech 4) | Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm History Club 1.30—2pm (RE3) Liturgy Band 1.50pm (Music 1) Latin Club 1-2.25pm Years 7-9: invite only (RE1) Culture Club (Literature, Arts, Culture and Society) Years 10-13 1.30-2pm (E3) Labrats Years 7-8 1.40-2.25pm (Week 1 Lab 1/ Week 2 Lab 5) | Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm The Caritas Team 1.30-2pm (E4) Dungeons and Dragons 1.30-2.25pm (Lab 2) Computer Science Club Years 9-11 1.30–2.30pm (CR5) Minecraft Club Years 7-8 (CR4) Junior Rock Band 1.50pm (Music 1) Origami Club 2-2.25pm (RE3) | Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Pokémon Club 1.30-2.25pm (Lab 2) Folk Band 1.50pm (Music 1) Classics Club 2-2.25pm Years 7-9: invite only (RE4) Chess Club 1.30-2.25pm (RE3) Guardians of the Garden 2-2.25pm Drama Club 1.50-2.25pm (H3) Accounting Club Years 11-13 1.30-2pm (BS2) Veritas Mentors 1.30-2.25pm (year 12 study room) | Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Choir 1.50pm (Music 1) Film Club Years 7-10 1.40-2.20pm (Yr. 12 Study Centre) Star Wars Club 2-2.25pm (Library) Bible Study 1.35-2.25pm (RE4) |
| After School | Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Study Club 3.30-4.30pm (CR3) | Group Prayer 3.30-3.40pm (Chapel) Computer Science Club Years 9-11 3.30-4.30pm (CR5) | Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Silver Duke of Edinburgh 3.30-4.45pm (Lab 10) Morley's music lessons | Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Adoration of the Blessed Sacrament (Holy Hour) 3.50-4.40pm (Chapel) Morley's music lessons | Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Senior Rock Band 3.30-4.30pm (Music 1) |

Note: Clubs with no mention of year groups are open to all year groups